

The Northwest Highlands

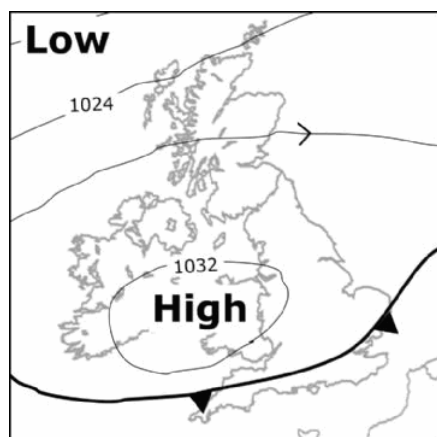
Areas north from Knoydart in the west, and the Great Glen towards the east (NB. Does not include Mull and areas west of Loch Linnhe, these are found in the West Highlands forecast.)



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General Summary for Saturday, 3 October, 2026



British Mountain Summary:

Based on forecast chart for noon 3 October, 2026

Fine, sunny with light wind mountains in England and Wales. Much of Scotland will be dry but showers, mainly W & NW Highlands, where there will be persistent fog. Progressively windier northwards; near gale force northern Scotland.

Headline for The Northwest Highlands

Windy; foggy and showery.

Detailed Forecast for Saturday, 3 October, 2026

How windy? (On the Munros)	West backing southwesterly 25-35mph, strengthening toward 40mph evening.
Effect of wind on you?	Considerable wind chill and walking strenuous where exposed; balance difficult in some areas.
How wet? (Precipitation and its impact)	Showers, temporarily the rain frequent Showers from time to time, although perhaps over an hour or so, the rain frequent.
Cloud on the hills?	Mountains persistently cloud covered Cloud base will vary as rain comes and goes, sometimes below 400m mainly within 10 miles of the west coast, where may occasionally reach 750m. Further east, by midday, most cloud above 650m with breaks to 900m, possibly 1050m Ben Wyvis area.
Chance of cloud free Munros?	Almost nil most of region; 20% easternmost summits
Sunshine? Air clarity (below cloud)	Glimpses of sun only, mainly lower slopes well inland from west coast. Hazy and sometimes poor visibility western hills. Mostly very good visibility well inland.
How Cold? (at 900m)	5C, but will feel as cold as minus 6C directly in the wind.
Freezing Level	Above the summits.

The Northwest Highlands - Looking Ahead

	Sunday 4 October	Monday 5 October
How windy? (On the Munros) Effect of wind on you?	Southwesterly, increasing markedly with height to 50-60mph on higher exposed areas. Severe wind chill and walking extensively difficult. Any mobility may be a challenge in places.	Southwesterly typically 40mph, but where exposed on higher summits sometimes 55mph. Sudden gusts some lower slopes. Difficult walking where exposed: balance strenuous in sudden gusts (some reaching lower slopes), and significant wind chill.
How wet? (Precipitation and its impact)	Drizzly rain, mainly western hills. Frequent drizzly rain coming in off the sea onto Skye and penetrating 10-20 miles inland. Drizzly rain only now and again easternmost hills (those near Great Glen to Ben Wyvis).	Rain most or all day Overnight rain, concentrated on more western mountains (especially near Skye), may well persist most or all day - though some prospect of becoming less wet from the north (the change as yet very uncertain).
Cloud on the hills? Chance of cloud free Munros?	Foggy across nearly all mountains all day Persistent low cloud penetrating inland from about dawn will persist all day, forming on some coastal cliffs and inland from just above valleys. Well inland (and away from immediate west coast in north) most cloud above 600m, sometimes higher easternmost hills. Less than 10%	Persistent fog - possibly improvement in cloud base from north. High likelihood of persistent fog: near coasts with the sea to the SW, from 200 to 400m upward, whilst elsewhere above typically 600m (800m Ben Wyvis). Chance of a rise in cloud base of a couple of hundred metres extending south. 10%
Sunshine? Air clarity (below cloud)	Sunshine may come through occasionally lower slopes toward Ben Wyvis, where visibility good. Elsewhere, often misty.	Extensively dull and misty. Chance isolated pockets of sun easternmost lower slopes and valleys - but even here hazy.
How Cold? (at 900m) Freezing Level	8C. Will feel as cold as minus 8C directly in the wind. Above the summits.	9C, but perhaps a drop toward 4C penetrating southwards through day. Feeling like minus 5C in the wind. Above the summits.

Planning Outlook

All mountain areas of Britain from Sunday, 4 October, 2026

Rain at some stage more or less daily on most mountain areas through the coming week. However, total rainfall small, and frequently dry E & S Wales and S Pennines. Frequently windy Scottish Highlands, whilst progressively southwards, periods of strong winds will less frequent. A brief period of colder weather around the middle of next week will bring snowfall to some northern mountains.

Forecast issued at 14:11 on Friday, 2 October, 2026

The Production of the Scottish forecasts is fully funded by sportscotland. Forecasts are issued daily by 16:30 and are kept under review and amended as necessary. However, expected conditions can still change after issue. © Copyright Mountain Weather Information Service, 2026.